



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

Statistics Report 09353, Blueberries, wild, canned, heavy syrup, drained

Report Date: June 29, 2017 23:17 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	70.63	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Energy	kcal	107	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2008
Energy	kJ	446	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2008
Protein <sup>1</sup>	g	0.56	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Total lipid (fat) <sup>1</sup>	g	0.34	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Ash <sup>1</sup>	g	0.15	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Carbohydrate, by difference	g	28.32	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2008
Fiber, total dietary <sup>1</sup>	g	4.9	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Sugars, total <sup>1</sup>	g	19.28	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">1</a>	g	0.01	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Glucose (dextrose) <a href="#">1</a>	g	10.13	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Fructose <a href="#">1</a>	g	9.02	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Lactose <a href="#">1</a>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2008
Maltose <a href="#">1</a>	g	0.12	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Galactose <a href="#">1</a>	g	0.00	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2008
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	19	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Iron, Fe <a href="#">1</a>	mg	2.20	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Magnesium, Mg <a href="#">1</a>	mg	6	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Phosphorus, P <a href="#">1</a>	mg	14	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K <a href="#">1</a>	mg	46	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Sodium, Na <a href="#">1</a>	mg	1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Zinc, Zn <a href="#">1</a>	mg	0.12	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Manganese, Mn <a href="#">1</a>	mg	2.300	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	0.3	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Thiamin <a href="#">1</a>	mg	0.033	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Riboflavin <a href="#">1</a>	mg	0.313	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Niacin <a href="#">1</a>	mg	0.469	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Pantothenic acid <a href="#">1</a>	mg	0.041	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Vitamin B-6 <a href="#">1</a>	mg	0.035	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total <sup>1</sup>	µg	8	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2008
Folate, food <sup>1</sup>	µg	8	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
Folate, DFE	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2008
Vitamin K (phylloquinone) <sup>1</sup>	µg	14.8	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	10/2006
<b>Lipids</b>													
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015

Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8a, 2003 Beltsville MD